

1. Food Preparation and Nutrition

Curriculum Intent

The Food curriculum at Maplewell stands out for its blend of hands-on real-world practical application, creativity and understanding of how food aids a healthy balanced diet. Alongside traditional subjects, it merges biology, chemistry, and cultural studies with hands-on cooking experiences for all learners, making it a uniquely engaging course.

Moreover, the Food curriculum emphasises practical skills by encouraging students to prepare, cook and present a wide range of dishes to support a healthy balanced diet which helps to foster and instil confidence and independence in the kitchen, and essential life skills for the future.

Additionally, it tackles modern challenges like sustainability and food waste, prompting thinking on global issues surrounding food production and consumption. This aspect encourages students to become conscientious consumers and advocates for positive change.

Furthermore, the curriculum introduces diverse cuisines and cultural practices, fostering an appreciation for different flavours and traditions. It promotes inclusivity and celebrates the richness of food diversity worldwide for young learners of all abilities.

Key Stage 3

In Key Stage 3 students will learn how to:


















- develop an understanding of the principles of Food safety, personal hygiene in the kitchen and eating a healthy balanced and sustainable diet




- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- develop experience in a range of cooking techniques (for example, selecting and preparing ingredients; using utensils and electrical equipment; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; evaluating and suggesting how a recipe could be adapted to meet the needs of a special diet
- develop an understanding of the source, seasonality and characteristics of a broad range of ingredients and their provenance
- Theory and practical- a focus on hygiene, safety, hazards, and the Eatwell Guide

Year 7

- A focus on developing student's basic practical skills in the kitchen, via completion of a selection of individual and group practical tasks.
- Theory knowledge on Food Provenance and where ingredients are reared, grown and sourced.
- Pathway A – Focus on how to become more independent in the kitchen to prepare, make and cook dishes with some accuracy, making a range of dishes. Focus on hygiene and safety in the kitchen.
- Pathway B – Focus on teaching skills and knowledge on how to carry out practical work with skill and accuracy and making a range of dishes. Focus on hygiene and safety in the kitchen.
- Pathway C (Learning for life)– Focus on teaching skills and knowledge on how to carry out practical work with some support and in small groups. To make a range of dishes, snacks, hot and cold drinks. Use of adaptive teaching to

ensure all learners achieve their potential: teacher modelling, practical work, project work, group work, teaching assistant support, reflection and evaluation, gapped worksheets, and use of some ready-made components.



















	Autumn Rotation 1	Autumn Rotation 2	Spring Rotation 1	Spring Rotation 2	Summer Rotation 1	Summer Rotation 2
Topic	Personal Hygiene Safety in the kitchen Identifying Equipment Practical Cooking	Personal Hygiene Safety in the kitchen Identifying Equipment Practical Cooking	Weighing and measuring Food Provenance: where do the ingredients come from? From farm to fork Practical Cooking	Weighing and measuring Food Provenance: where do the ingredients come from? From farm to fork Practical Cooking	Healthy Eating: introduction to the Eat well Guide Healthy Hydration Practical Cooking	Healthy Eating: introduction to the Eat well Guide Healthy Hydration Practical Cooking
Assessment	  	  	  	  	 	  


Students will be assessed on  writing  verbal feedback,  Practical work and cooking skills through a 'quick quizzes'.

Year 8

- Predominant focus on producing a varied selection of savoury main meals in line with curriculum guidance.

- To build on skills practised in year 7
- Theory - a focus on more detailed principles of nutrition including food labelling and how much sugar in dishes, ethical issues, digestion of food in the body, dietary needs and current issues in food. All pathways are encouraged to extend their written answers using Tier 3 vocabulary.
- Learning for Life Pathway: To carry out practical work with some LSA support, in small groups, peer support and teamwork activities

	Autumn Rotation 1	Autumn Rotation 2	Spring Rotation 1	Spring Rotation 2	Summer Rotation 1	Summer Rotation 2
Topic	Healthy Eating Personal Hygiene and Safety Practical Cooking Bread project	Healthy Eating Personal Hygiene and Safety Practical Cooking Bread project	How much Sugar? Practical Cooking Food Labelling	How much Sugar? Practical Cooking Food Labelling	Digestion Practical Cooking Seasonal food	Digestion Practical Cooking Seasonal food
Assessment	  	  	  	  	  	  

Students will be assessed on  writing combination of formal assessment and






verbal feedback, Practical work and cooking skills through a knowledge-based end of rotation 'quick quizzes'


Year 9

- Pathway A and B are encouraged to extend their written answers using Tier 3 vocabulary.
- Learning for Life Pathway: To carry out practical work with some support and in small groups.
- Adaptive teaching are applied to encourage all learners to achieve their potential: teacher modelling, practical work, project work, group work, teaching assistant support, reflection and evaluation, gapped worksheets, and use of some ready made components
- A theory focus on Pastry, energy balance and special diets

	Autumn Rotation 1	Autumn Rotation 2	Spring Rotation 1	Spring Rotation 2	Summer Rotation 1	Summer Rotation 2
Topic	Hygiene and safety Practical Cooking Sensory analysis Cakes	Hygiene and safety Practical Cooking Sensory analysis Cakes	Pastry Practical Cooking Energy Balance/Multi-cultural cooking	Pastry Practical Cooking Energy Balance/Multi-cultural cooking	Nutrition Practical Cooking Special diets	Nutrition Practical Cooking Special diets



Students will be assessed on   writing  verbal feedback, combination of formal assessment and knowledge-based end of rotation 'quick

 Practical work and cooking skills through a quizzes'.

Key Stage 4
Home Cooking Skills Year 10 and 11

The curriculum is delivered via a mixture of both theory and practical lessons, with a focus on producing tasty, appetising and healthy dishes which underpin the taught theory content, to give learners the knowledge, skills and confidence to follow a recipe and enjoy cooking meals at home for friends and family.

Learners will develop a wide range of food preparation and cooking skills using seasonal, fresh, frozen and dried ingredients. They will gain an understanding of how to economise when planning meals and will be encouraged to transfer these skills to other recipes, which will empower learners to make changes to recipes that have benefits to health and well-being.

Learners will work towards their summative assessments where they will plan and make one dish in year 10 for a Level 1 certificate and two dishes in Year 11 for Level 2.







The course comprises of:

Formative practical assessments throughout the year where Learners will develop experience of making and evaluating a wide range of dishes in the kitchen to build a learning portfolio of evidence showcasing a range of different practical skills.

A summative assessment where students work independently on an assignment to plan, prepare and make their chosen dishes. Learners are able to add their own flair and creativity to their dishes during the development and selection of their products in the assignment.







Learners will keep a food folder of their theory work, revision notes and supporting documents to build their portfolio of evidence.

Year 10 BTEC Home Cooking Skills Level 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Introduction to the course, learner records Essential life skills Food safety and hygiene Practical Cooking	Cooking meals from scratch Selecting Ingredients Following recipes How to use kitchen equipment safely Making cooking fun Seasonal baking	Nutrition and healthy eating Making and presenting a meal Main courses Completion of Learner Portfolio	Assignment: Plan, make and present 1 course from scratch To pass on recipes and knowledge to encourage others to learn Completion of Learner Portfolio	Completion of learner portfolio's Eggs and Breakfasts	Lunches Measuring and weighing Developing cooking skills and techniques
Assessment	Formative assessment 1 and 2 	Formative assessment 3 and 4 	Formative assessment 5 	Summative assessment 	Verbal and peer feedback 	verbal and peer feedback 
				Trip to Supermarket		

Students will be assessed on writing  verbal feedback  Practical work  and cooking skills through a combination of formal assessment and knowledge-based end of rotation 'quick quizzes'.

Year 11 BTEC Home Cooking Skills level 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Introduction to level 2, learner records Essential life skills Food safety and hygiene Practical Cooking 8 Tips for eating well Lunches	Cooking meals from scratch Selecting Ingredients Following recipes How to use kitchen equipment safely Desserts and presentation Seasonal baking	Nutrition and healthy eating Making and presenting a meal Menu planning Main courses	Assignment: Plan, make and present 2 courses from scratch To pass on recipes and knowledge to encourage others to learn	Completion of learner portfolio's Seasonal Summer Cooking	Developing cooking skills and techniques Following recipes independently
Assessment	Formative assessment 1 and 2 	Formative assessment 3 and 4 	Formative assessment 5 	Summative assessment 	Verbal and peer feedback throughout 	Verbal and peer feedback throughout 

Students will be assessed on writing  verbal feedback  Practical work  and cooking skills through a combination of formal assessment and knowledge-based end of rotation 'quick quizzes'.